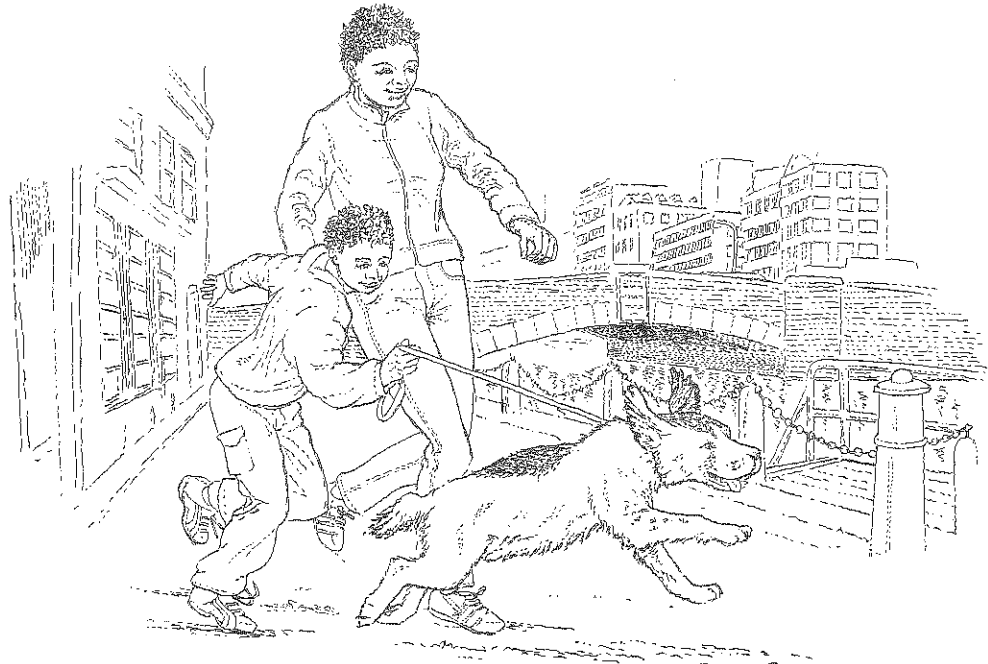


Dogs are good for you!

The dogs that we now keep as pets are the descendants of wolves that entered villages in search of food about 12 000 years ago. Later, people began to use dogs to guard, herd and hunt. In the twenty-first century, as this article describes, dogs can bring us other benefits.



Owning a dog is good for your mental and physical health, more so even than cats, researchers claim today.

Dr Deborah Wells, a senior lecturer at the Canine Behaviour Centre of Queen's University, Belfast, found that dog owners have lower cholesterol and blood pressure, fewer minor physical ailments, and are less likely to develop serious medical problems.

In a paper published today by the British Psychological Society, she said, "It is possible that dogs can directly promote our well being by buffering us from stress, one of the major risk factors associated with ill health. The ownership of a dog can also lead to increases in physical activity and facilitate the development of social contact, which may enhance both physiological and psychological human health in a more indirect manner."

She found that people who took cats and dogs from animal rescue shelters noticed a decrease in minor ailments such as headaches, colds and dizziness a month after the rescue visit. But only dog-owners maintained the improvements ten months later – cat owners did not.

The research, published in the Health Psychology Journal, found that dogs could also act as 'early-warning systems' for more serious illnesses including cancer and epilepsy.

From 'Improve your health, become a dog owner' by Lynne Wallis
Daily Telegraph, 22 January 2007

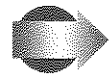
- 1 Mental health relates to the mind. Physical health relates to _____ 1 mark
- 2 What might happen if a human being is very stressed?
_____ 1 mark
- 3 Name any **two** minor and any **two** major ailments mentioned in this article.
a) minor _____ 2 marks
b) major _____ 2 marks
- 4 How might owning a dog increase a person's physical activity **and** widen their social contact?

_____ 1 mark
- 5 Physiological is to the body as psychological is to the _____ 1 mark
- 6 Facilitate means (ring **one**):
organise develop make easier impede. 1 mark
- 7 What made researchers believe that dogs are even better than cats at keeping people healthy?

_____ 1 mark
- 8 What advice would this report offer to someone with high blood pressure?

_____ 1 mark
- 9 In what publication could you read the full report?
_____ 1 mark

The 'ration book' Olympics



During and after World War 2 (1939–45), Britain was short of money. To ensure that the food and clothes available were shared fairly, the amounts each person could have, and when these were used, were written in a 'ration book'. This text describes the arrangements for providing food to visiting athletes during the Olympic Games held in London in 1948, when rationing was still in force.

When London hosted the 1948 Olympic Games despite post-war rationing due to food shortages, it became known as the 'austere' or 'ration book' Olympics. British athletes were used to a restricted diet and food substitutes, such as powdered egg and milk. But the Government feared that limiting visiting athletes' diets might have a 'bad psychological effect', so they fed all athletes Category 'A' meal allowances – the equivalent of those provided for heavy workers (coal miners and dockers) but with the additions of two pints of liquid milk per head per day and half a pound of chocolates and sweets per head per week.

After the Olympic Committee warned visiting nations of the daily ration, many competing nations brought large quantities of food to be used by competitors generally: the Argentines, for example, brought 100 tons of meat, Holland promised fruit and vegetables, and Iceland, frozen mutton.

Supplies of food at one of the Olympic Housing Centres in Uxbridge were said to be 'ample', largely owing to the 'munificence of the US team'. Enriched white flour was flown to the camp daily from Los Angeles. But not all competitors were happy. Many of the Mexican Olympic team bought food in town, as they did not like English cooking.

Despite the warning of food shortages, some teams still complained: the Korean team were dissatisfied with their meat allowance; American teams requested supplies of grapefruit and fresh oranges after they complained of 'stomach trouble'. Requests for poultry caused the Government to state that there would be 'trade and consumer repercussions' if supplies were made to Housing Centres from an already 'extremely short' supply.

Despite the restrictions, the Games were a success, with provisions for all. In a press conference the Minister of Food, John Strachey, stated that the estimated increase in consumption by the competitors and officials amounted to 0.16 of 1 per cent, 'a completely insignificant amount'.

Adapted from material supplied by the National Archives of Great Britain

- 1 Look at the root word (shown in **bold**) and complete this sentence with related words.
A person who **competes** is a _____ who takes part in a _____.
2 marks
- 2 The word 'austere' means (ring two):
sad severe hard-going wartime extreme.
2 marks
- 3 Which phrase suggests that a restricted diet might make athletes feel miserable and unmotivated?

1 mark
- 4 Compared with heavy manual workers, visiting athletes were given a diet that was (ring one):
smaller exactly the same bigger.
1 mark
- 5 What food did the Dutch promise to contribute to all competitors?

1 mark
- 6 Enriched white flour came from (ring one):
Mexico America Argentina Iceland.
1 mark
- 7 Which teams wanted more citrus fruit, and why?

2 marks
- 8 Who was the Government's Minister for Food in 1948?

1 mark
- 9 What is the significance of the milk being referred to as 'liquid milk'?

1 mark

Robin Hood



Robin Hood was probably a real person who lived in Sherwood Forest, near Nottingham, sometime between 1100 and 1300. People have written stories about him ever since. Many of these celebrate the victory of good over evil. Today, Sherwood Forest Country Park and Visitor Centre attracts several million visitors every year.

Autumn burnished the forest to red gold. Early frosts rimed the grasses and rusted the bracken. The air was sharp and the sky silver blue. In a clearing, some three dozen of Robin's men were practising their skills with the broad-sword. The wine of the bright morning sharpened their senses, sent their blood racing as they thrusted and parried, fighting over the carpet of crisp leaves, the crash of their weapons booming through the trees.

Gradually each pair of opponents called a truce and fell back to the edge of the clearing to watch the remaining men, until only one pair was left. One man of the pair was tall and lithe, the other an oak tree in motion – Robin Hood and Little John. Since their first meeting on the plank, the two had crossed swords and staves many times and each knew all the tricks of the other.

They moved, now fast, now slow, giving and receiving blows of such power that they would have dropped any other man to the ground. Little John's blade struck down upon his master's left shoulder, crashing against the chain-mail he was wearing for protection. Robin side-stepped, letting the sword blade slide down his back while, with both hands on the hilt of his sword, he hit Little John a punishing blow beneath his right arm, crashing into the giant's armour.

A cheer rose from the watching men, and the bright-eyed lads, sitting like squirrels in the branches of the trees, could not speak for excitement.

Little John swung his blade in a great circle about himself, whistling the air, but Robin had ducked, twisted round, and come at Little John again, quick-footed as a boy, with a powerful blow to his head with the back of his blade. The blow sent Little John stumbling forward, his foot caught on a root and he crashed to the ground like felled timber.

From *The Adventures of Robin Hood*
Patricia Leitch

1 About how many men were practising their fighting skills? (ring one)

12 24 36 48

1 mark

2 Read these statements and check the text to help you decide whether they are correct. Write either 'True' or 'False' next to each one.

a) It is autumn when these events happen. _____

b) 'Opponents' means 'friends'. _____

c) They have laid a carpet in the forest. _____

d) Some squirrels were watching the men fight. _____

e) Little John is really not little at all. _____

f) The men are fighting with broad-swords. _____

3 marks

3 What does the phrase 'call a truce' mean?

1 mark

4 Choose from the box below the words which are synonyms for the following:

a) 'burnished': _____

1 mark

b) 'rimed': _____

1 mark

c) 'parried': _____

1 mark

d) 'felled': _____

1 mark

frosted chopped down made to shine dodged and evaded

5 At the end of the last fight Robin Hood hits Little John on his (ring one):

left shoulder back head right arm.

1 mark

6 After receiving the blow, what makes Little John fall over?

1 mark

7 What do you think will happen next, after the end of the extract? Explain your answer.

1 mark

page 15
total out of 12

The veiled lady



This playscript features the fictional detective Sherlock Holmes, who was created by the author Arthur Conan Doyle. The Sherlock Holmes stories became so popular that Conan Doyle was able to give up his job as a doctor and become a full-time writer instead.

Setting: A Victorian parlour. A lady dressed in black is sitting by a fire. A veil hides her face.

Enter Sherlock Holmes.

Holmes: Good morning, madam. My name is Sherlock Holmes. *(lady stands and shakes Holmes' hand)* Ha, I'm glad to see Mrs Hudson has had the good sense to light a fire. And you shall have hot coffee, madam. I see that you are shivering.

Lady: It is not the cold which makes me shiver. *(sitting down)*

Holmes: What then?

Lady: It is fear, Mr Holmes. It is terror. *(raising her veil to show a shocked face)*

Holmes: You mustn't be afraid. *(patting her arm)* We shall soon set matters right, I have no doubt. You have come by train, I see.

Lady: How do you know?

Holmes: I observe a return ticket tucked inside your glove. You must have started out early. Yet you had a lengthy drive in a dog-cart, along busy roads, before you reached the station.

Lady *(raising her eyebrows)*: How ...?

Holmes: There is no mystery, madam. The left arm of your coat is spattered with mud in no fewer than seven places. The marks are fresh. Only a dog-cart throws up mud in that particular way. And even then – only if you sit to the left of the driver.

Lady: You are perfectly correct. I left home before six this morning and came in by the first train to Waterloo. Sir, I have no-one to turn to for help. My friend Mrs Farintosh, whom you once helped, gave me your address. Oh, sir, do you think you could help me, too? I hope you may advise me how to walk amid the dangers that surround me.

Holmes: I am all attention, madam. Tell me everything that will help me advise you upon the matter.

Dramatisation of a scene from 'The Adventure of the Speckled Band' by Arthur Conan Doyle (1859–1930)

- 1 Is the lady shivering with cold or with fear?
_____ 1 mark
- 2 If you were designing costumes for this play, how would you describe the lady's costume? Include as much detail as possible.

_____ 2 marks
- 3 What makes the lady think that Sherlock Holmes might help her?
_____ 1 mark
- 4 If you were Sherlock Holmes, what reason might you consider for the lady keeping her face hidden on her journey?
_____ 1 mark
- 5 What does Sherlock Holmes say and do to reassure the lady?

_____ 2 marks
- 6 What transport did the lady use before boarding the train? What clue reveals this to Sherlock Holmes?

_____ 2 marks
- 7 What does Holmes say to tell the woman that he is listening carefully?
_____ 1 mark
- 8 Why are some words in brackets?
_____ 1 mark
- 9 In a story a conversation would include tag words, such as 'said' or 'asked'. What punctuation is used here to show that a character is beginning to speak?
_____ 1 mark

Battered by hurricane winds



About once every 100 years, the United Kingdom experiences a major storm. Once in every 200 years or so, the storm is severe. On 16 October 1987, a violent storm hit the south of England. This news report gives some of the main facts about the storm and the damage it caused.

After the most severe night of storms to hit southern England since 1703, 18 people have died and more have been injured, mainly by debris from buildings and falling trees. Weeks of steady rain have weakened tree roots, so that trees fall easily. Some buildings have had their roofs blown off. A caravan park was razed to the ground and Shanklin Pier on the Isle of Wight has been completely destroyed. Two firemen were killed in Dorset, on their way to an emergency call, and five people died in Dover Harbour. Rescue workers struggled to respond to a record number of calls as winds from the west reached up to 110 mph (177 km/h). The winds lashed areas as far apart as Wales, the southern counties of Britain, the Channel Islands and London.

Boatyards and yachts on the south coast have been severely damaged. A Sea Link ferry was blown ashore in Folkestone. Southern Britain has now started a huge clear-up operation. Commuters have been advised to stay at home as blocked roads and railway lines will prevent them from getting to work.

It was a few days ago that the Meteorological Office noticed a strengthening depression over the Atlantic and predicted some stormy weather. Normally the South-East and East Anglia escape the big storms from the Atlantic. The unexpected path of this storm caught weather reporters off guard. The previous evening, the BBC's weatherman Michael Fish assured viewers, "There's no hurricane coming." The storm, he predicted, would run along the length of the English Channel, safely away from the land. Instead it has carved a pathway of destruction right across southern England.

Record numbers of claims

Insurance companies are preparing themselves for record numbers of claims. Since many buildings' insurance policies cover damage caused by storms, homeowners have already begun contacting them.

BBC news reports suggest that, in the London borough of Ealing alone, 600 calls have been made by people whose homes and cars had been struck by falling trees, roof tiles, and other items dislodged by the hurricane-force winds. In an interview with the BBC, Len Turner of Ealing Council said that government funding might be required to deal with the repair bills that local councils are facing.

"It's going to take an enormous amount of effort and money; I hope we can look to the Government to support us because the burden on local rate payers is going to be enormous."

1 What caused most of the injuries on the night of the hurricane?

1 mark

2 Why were trees so easily uprooted?

1 mark

3 From which direction was the hurricane wind blowing? (ring one)

north south east west

1 mark

4 In 'clear-up operations', what might need removing, and from where? Give as full an answer as possible.

2 marks

5 To what does the sub-heading refer?

1 mark

6 Where was a pier destroyed?

1 mark

7 Who were local councils going to ask for help with the clear-up costs?

1 mark

8 a) What are 'commuters'?

1 mark

b) Why were they advised to stay at home after the hurricane?

1 mark